

## Description

### **The present invention relates to a method for increasing lactose tolerance in individuals or mammals who exhibit lactose intolerant symptoms.**

[0001] The standard protocol starts with a subject taking .8 grams of lactose with a dinner. In addition to lactose, Lactobacillus sporogenes and/or L. Acidophilus may be added to the formula for better effectiveness. On days 2-16, the subject increases the dosage of lactose by .8 grams, thus they go from having .8 grams on day 1, to 1.6 grams on day 2, and 2.4 grams on day 3. On day 17, the subject starts the same process with breakfast, by taking .8 grams on day 17, then 1.6 grams on day 18 and so on. While this is going on, the subject continually takes 12.8 grams of lactose with dinner. Finally on day 33, the subject starts to re-introduce dairy products into their daily diet. While the dairy foods may vary, milk is the standard product a subject starts out with. Starting with drinking 6 ounces with breakfast and dinner, the subject gradually drinks 8 ounces, 10 ounces and 12 ounces of milk per day. At day 36, the subject has completed the protocol and may now enjoy dairy products pain-free. No future protocol, supplements or medication is needed for these subjects to consume dairy products.

[0002] An example of this dosing regimen is shown below. This is just one way in which it may look. The exact dosages may vary.

Days	PM- Dosages	AM- Dosages	PM- Intake of Dairy	AM-Intake of Dairy
1	.8 grams			
2	1.6 grams			
3	2.4 grams			
4	3.2 grams			

5	4 grams			
6	4.8 grams			
7	5.6 grams			
8	6.4 grams			
9	7.2 grams			
10	8 grams			
11	8.8 grams			
12	9.6 grams			
13	10.4 grams			
14	11.2 grams			
15	12 grams			
16	12.8 grams			
17	12.8 grams	.8 grams		
18	12.8 grams	1.6 grams		
19	12.8 grams	2.4 grams		
20	12.8 grams	3.2 grams		
21	12.8 grams	4 grams		
22	12.8 grams	4.8 grams		
23	12.8 grams	5.6 grams		
24	12.8 grams	6.4 grams		
25	12.8 grams	7.2 grams		
26	12.8 grams	8 grams		
27	12.8 grams	8.8 grams		
28	12.8 grams	9.6 grams		
29	12.8 grams	10.4 grams		
30	12.8 grams	11.2 grams		
31	12.8 grams	12 grams		
32	12.8 grams	12.8 grams		
33			6oz of Milk	6oz of Milk
34			8oz of Milk	8oz of Milk

35			10oz of Milk	10oz of Milk
36			12oz of Milk	12oz of Milk

[0003] Although the doses shown here have been used and tested, variations in the doses and timing in which they are administered can still result in an effective treatment for increasing tolerance for lactose containing product. For example, the presented doses have been tested on adult subjects. Thus, when applying the protocol of the present invention to younger subjects, the weight of the subject might be a consideration. For example, a subject weighing 50 pounds may not require, and may not be capable of tolerating, the doses set forth in Table 1 at prescribed time in the protocol. As such, the dose administered to the subject may be proportionally scaled down based on his weight. Although the doses are disclosed as being administered with breakfast and dinner, alternatively the order of the doses may be switched, or may be administered at other times of the day with meals such as lunch or snacks (or conceivably with no meals). The program may also be reduced into a shortened or lengthened program. The program can work with an abbreviated 4 week program or it can be lengthened up to a 10 week program. Although the invention has been described for use in humans, it is also capable of being administered to other mammals.